

# Local resident launches new book on domestic violence with Fairbanks Ranch fundraising/fashion show event

By Karen Billing

DV-Perceptions founder Melina Jacobs is hosting an event in Fairbanks Ranch on March 27 to celebrate the launch of her new self-published book, "The Illusion of Love." The book retells Jacobs' story of being a victim of domestic violence and how she has turned her experience into a positive, helping other women stuck in similar situations.

"I want to be the voice for domestic violence because there's not enough being said right now," Jacobs said.

She said issues of domestic violence often get swept under the rug, people don't want to talk about it due to the many stigmas attached to domestic abuse—that it only occurs in certain kinds of homes, to certain kinds of women, which Jacobs says is not true.

"There's no boundaries in domestic violence, it doesn't matter if you're rich or poor," Jacobs said.

The March 27 book launch will be held from 3-7 p.m. in Fairbanks Ranch. The fundraising event, which will feature food, raffle and a fashion show, will support Next Door Solutions to Domestic Violence of Santa Clara County (one of the toughest counties in California on domestic violence) and Nettie's House, a shelter for women in San Diego.

Jacobs started DV Perceptions in 2008, offering legal, financial and therapeutic resources to victims of domestic violence. Her company targets affluent, professional women who may feel at a loss at how to deal with issues of emotional and physical abuse.

As a victim of domestic violence, Jacobs has an understanding of what it feels like to be on the other side. She understands the fear about not knowing how to support yourself financially after leaving your abuser, about still loving the same person who hurt you and



Melina Jacobs

how easy it is to fall back to them.

She knows what it's like to want to protect a child from seeing their mother be abused, the way her son saw her boyfriend hurt her.

"It's hard to forgive myself for what he's been through," Jacobs said.

She wrote the book "Illusions of Love" in five days, as part of her lengthy healing process.

"There's no fluff in it," Jacobs said. "Because women have to hear the facts."

She said it feels good to hear other women's reactions to her authentic account or to help family and friends understand why it's not as simple to "Just leave."

Jacobs said there is still a lot of work to be done in the domestic violence community, and most of it is around education.

She is working to educate corporations about domestic violence, to get employees who may be going through it more support than just a hotline to call.

Jacobs aims to eliminate the ignorance and prejudice that is associated with domestic violence and be the first world-wide company to expose this kind of abuse as a world-wide concern.

"It's a huge vision, but I know it's one I want to leave for my kids," Jacobs said.

Reservations are required for the event as names will be checked at the gate. Sponsors include San Diego Paella, Champagne Café, Cups La Jolla, Nothing Bundt Cakes and Embellishments. Raffle prizes provided by NuCerty, Yoga Belly, Optimal Nutrition, Fitness Together-Santaluz, Jade Salon, Janice Girl stationary, TinyBundles and Gina Lorenzo, life coach. There is a suggested donation of \$25 to attend.

To RSVP, contact DV\_Perceptions@yahoo.com. Visit DV perceptions web site at www.dv-perceptions.com. Toll free: 1-800-747-1874.

The book can be purchased through DV-Perceptions, or one can go directly to www.iUniverse.com and purchase them in bulk.

# Qigong classes to start at RSF Library

Silja Björklund, former long-time Ranch Jazzercise instructor, returns to the Ranch to teach Qigong classes. The classes will begin on Friday, April 23, at 11 a.m. to 12:30 p.m. at the Rancho Santa Fe library, 17040 Avenida De Acacias, and will run for 6 weeks until May 24. The classes are free and open to the public.

Silja is certified in Wisdom Healing Qigong and has studied in both China and the United States. Qigong is an ancient Chinese healing art that is a transformative body relaxation practice for physical and emotional stress reduction. It enhances the body's natural healing abilities and promotes longevity. Qigong also activates more life energy, enhances mental clarity and emotional stability, and enables a deeper connection with the universe. It essentially reverses the aging process.

The six-week course will focus on the first level of Wisdom Healing Qigong called Lift Chi UP, Pour Chi Down. Qigong practice is open to all ages and health conditions. No experience is required. Tai Chi, Acupuncture, and Traditional Oriental Medicine all have their roots in Qigong.

Many Ranch residents who took Jazzercise in the 80's at the Holcomb Memorial Youth Center will remember the instructor, Silja Björklund. Every Monday, Wednesday, and Friday for 8 years she inspired students to health through dance.

Since 1998, Silja has maintained an energy healing practice in Encinitas, called Quantum Energetics. Her

clients' positive responses...regarding their physical, mental, and emotional healing...deepen her understanding and practice. Now, she wants to share her advanced healing techniques with Qigong Classes.

Call now to reserve your place in the Qigong Classes: (760) 942-0057.

Visit QEwithSilja.com for more information on Qigong and Quantum Energetics.



**Two students from Canyon Crest Academy earned Congressional Awards.** The Congressional Award is the United States Congress award for young Americans. Participants of this program can earn bronze, silver and gold Congressional Award certificates and, on a higher level, bronze, silver and gold Congressional Award medals. Each level involves achievements in the areas of volunteer public service, personal development, physical fitness and expedition/exploration. Raymond Wu, a sophomore at CCA earned his bronze medal. CCA junior Aaron Epstein, earned his silver medal. Aaron and Raymond proudly received their medals from Congressman Brian Bilbray. Both students plan to keep working towards earning the gold medal.

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